Children:

Anxiety:
- Daniel Tiger's "Mom And Dad Are Going On A Trip"
- Daniel Tiger's "Mom Tiger Goes To Work"
- Grownups Come Back Song by Daniel Tiger
- Sesame Street's Zach Braff And Telly: Anxious
- Sesame Street's Lena Headey And Murray: Relax
- Sesame Street's How To Self-Hug With Abby Cadabby
- I'm Not So Scared Song: A Song For Kids Who Are Afraid Of The Dark

Bibliotherapy:
- "The Bad Seed" by Jory John
- "The Good Egg" by Jory John
- "The Ugly Duckling"
- "I Can Handle It"
- Bully: A Read-Along Story About Bullies For Kids
- "My Strong Mind" Read Aloud
- "I Believe In Myself"
- "I Like Myself"
- "I Can't Do That...Yet!"
- "Be Kind"
- "Be A Friend"
- "Grumpy Monkey" by Suzanne Lang
- "I Was So Mad" by Mercer Mayer
- "The Very Lonely Firefly" by Eric Carle
- "Listening To My Heart" by Gabi Garcia
- "You, Me And Empathy" by Jayneen Sanders
- "In My Heart" by Jo Witek
- "I Don't Want To Go To Bed" by Tony Ross
- "The Way I Feel" by Janan Cain
- "Ready For Anything" by Keako Kasza
- "I Can Do Hard Things" by Gabi Garcia
- "I Am Enough" by Grace Byers
- "I Like Myself" by Karen Beaumont
- "Find Your Calm" by Gabi Garcia
- "B Is For Breathe" by Dr. Melissa Munro Boyd
- "Listening To My Body" by Gabi Garcia
- "Have You Filled A Bucket Today?" by Carol McCloud
Bravery:
- With A Little Help, You Can Be Brave Song by Daniel Tiger
- "The Bravest Fish"
- Daniel's Long Hair (Change)

COVID-19 Specific
- Sesame Street's Grover Shows Near And Far From Home!
- Sesame Street's Washy Wash Song (How To Wash Your Hands)
- Sesame Street's Time To Wash Your Hands PSA (When To Wash Your Hands)
- Sesame Street's Elmo's Morning Routine
- Sesame Street's How To Self-Hug With Abby Cadabby
- Sesame Street's Oscar The Grouch: Stay Home
- Sesame Street's Elmo's Playdate
- Sesame Street's How To Sneeze And Cough Safely With Grover
- Sesame Street's Elmo's Virtual Hug
- Healthy Home Practices During COVID-19

Emotions:
- Feeling Songs by Daniel Tiger
- Daniel Tiger Still Feels Sad
- Daniel Tiger's "Jodi's Lost Book" (Sadness)
- Daniel Wants A Horsey Ride (Disappointment)
- Daniel Tiger's "You Can't Always Get What You Want!" (Disappointment)
- Daniel Feels Jealous
- What Do You Do With The Mad That You Feel? Song by Daniel Tiger
- Daniel Tiger's "First Time For Fireworks" (Fear)
- SUPER WHY!'s "Woofster Defines Miserable"
- Emotions Song by StoryBots
- The Feelings Song
- Emotions Hokey Pokey
- Hello, How Are You? Emotions Song
- Feelings and Emotions Song for Kids
- Sesame Street's Charlize Theron And Abby: Jealous
- Sesame Street's Jon Hamm And Murray: Emotions
- Sesame Street's Seth Rogen And Elmo: Embarrassed
- Sesame Street's James Gandolfini: Scared
- Sesame Street's Dave Matthews And Grover: Feelings
- Sesame Street's Sarah Michelle Gellar And Elmo: Disappointed
- The Feels: Anxious
- The Feels: Sadness
- The Feels: Mad
- The Feels: Grateful
- The Feels: Happy
- The Feels: Kind
- Why Do We Lose Control Of Our Emotions?
- Know Your Emotions
- Daniel Tiger's "The Smushed Cake" (Sadness)
- Tigey Is So Special To Me (Sadness)
- What Do You Do With The Mad That You Feel Song by Daniel Tiger
- Daniel Tiger Feeling Mad For Kids
- Sesame Street's Robin Williams: Conflict
- Sesame Street's Common And Colbie Caillat: Belly Breathe
- Anger Management For Kids
- Try To Fix The Problem Yourself Song by Daniel Tiger (Pride)
- Turn It Around Song by Daniel Tiger (Positive Reframing)
- Sesame Street's Elmo Feels Proud Song
- Yogotars: Naming Emotions and Social Emotional Learning For Kids

**Family:**
- Big Helper Daniel
- Daniel Tiger's "Fixing A Wagon With Mom"
- Daniel Tiger's "Fixing The Mailbox"
- As Long As You're With Your Family You're Home Song by Daniel Tiger
- The Tiger Family Trip Song by Daniel Tiger
- Daniel Tiger's "We Arrive At Grandpere's House!" (Disappointment)
- Daniel Tiger's Family Tree
- Daniel Sings Margaret To Sleep
- There's Time For You And Baby, Too Song by Daniel Tiger
- Daniel Wants To Play With Dad
- Families Are Different And That's Okay Song by Daniel Tiger
- Sesame Street's Device Free Dinner

**Health and Hygiene:**
- Go Potty, Go Song by Daniel Tiger
- Daniel Tigers Gets His Teeth Cleaned
- Dentists Are There To Help Song by Daniel Tiger
- Bathtime Bubbles
- Daniel Tiger's "Germs, Germs Go Away"
- Doctors Are Grownups Who Help Us Song by Daniel Tiger
- Daniel Tiger's "When You Have To Go Potty, Stop And Go Right Away"
- Daniel The Germ-Fighting Superhero
• Daniel's Tummy Hurts (Bathroom Issues)
• Daniel Tiger's "Prince Wednesday's Glasses"
• Sesame Street's Washy Wash Song (How To Wash Your Hands)
• Sesame Street's Time To Wash Your Hands PSA (When To Wash Your Hands)
• Sesame Street's Brushing Your Teeth
• Sesame Street's Potty Time With Elmo

Interactive Videos/Games:
• Simon Says Music Game For Kids
• Sesame Street's Elmo Has A Freeze Dance Party
• Sesame Street's Grover Shows Near And Far From Home!
• Sesame Street's Play Freeze Dance With Abby
• Inside Out: Guess The Feelings Interactive Video
• Sesame Street's Name That Emotion Interactive Game
• Guess And Learn Emotions

Minecraft:
• A Cosmic Kids Yoga Adventure With Minecraft
• Minecraft Meditation - Raining Woodland
• Minecraft Meditation - Volcano Island
• Minecraft Meditation - The Lost Pyramid

Mistakes:
• Daniel Tiger's "It's Okay To Make Mistakes"
• Daniel Tiger's "Oopsy!"
• Prince Wednesday Spills The Milk

Patience:
• Daniel Tiger's "Are We There Yet?"
• Daniel Tiger's "It Can Be Hard To Try Something New"
• Sesame Street's Zac Efron And Elmo: Patience
• Sesame Street's David Beckham: Persistent
• Sesame Street's Maren Morris Sings Oops! Whoops! Wait, Ah Ha! Song
• Sesame Street's Janelle Monae: Power Of Yet
• Sesame Street's The Power Of Yet With Zoe And Elmo
• Sesame Street's Bruno Mars: Growth Mindset
• Dr. Nagler's Laboratory: Developing A Growth Mindset
• Plants On Growth Mindset
• ClassDojo's Growth Mindset For Students
• TEDx: Rebecca Chang - What Growth Mindset Means For Kids
• TEDx: Carson Byblow - The Mindset Of A Champion

Problem-Solving:
• Daniel Tiger's "It’s Too Wet To Play"
• Daniel Tiger's "Froggy Freeze"

Respect:
• Accepting No Song by Daniel Tiger
• Daniel Doesn't Want To Wear His Mittens
• Saying I'm Sorry Is The First Step Song by Daniel Tiger
• Daniel Tiger's "STOP! Maragaret Doesn't Like That!"
• Daniel Tiger's "Too Loud! Too Loud!"
• Sesame Street's Nicole Kidman And Oscar The Grouch: Stubborn
• Saying I'm Sorry Is The First Step Song by Daniel Tiger
• Daniel Tiger's "STOP! Maragaret Doesn't Like That!"
• Daniel Tiger's "Too Loud! Too Loud!"
• Sesame Street's Word On The Street: Respect

Routine:
• Sesame Street's Elmo's Morning Routine

Self-Esteeem & Self-Care:
• When You're Sick, Rest Is Best Song by Daniel Tiger
• Sesame Street's Rosita And Elmo: Yoga
• Sesame Street's Lupita Nyong Loves Her Skin
• Sesame Street's Color Of Me Song
• Sesame Street's Michael Bublé And Elmo: Believe In Yourself
• Sesame Street's Will.i.am: What I Am
• Sesame Street's What Makes You Special

Sharing:
• Daniel Tiger's "Oh, No! Margaret Wants My Stickers"
• Daniel Tiger's "We Can Take Turns"
• Daniel Tiger's "So Many Books At The Library"
• Sesame Street's Learning To Take Turns
• Sesame Street's Share It Maybe
• Sesame Street's Gwen Stefani: Be A Good Friend
• Sesame Street's Sharing Things

Social Skills:
• Daniel Finds Jodi’s Book (Helping Others)
• Daniel Tiger's "Come Meet Chrissie" (Meeting A Child Different From You)
• Daniel Plays Splat Ball With Jodi and Miss Elaina
• Prince Wednesday Is Still Daniel's Friend (Having More Than One Friend)
• It's Great To Be Kind Song by Daniel Tiger
• Daniel Is Kind To Prince Tuesday
• Daniel Tiger's "Friends Are Different And The Same"
• Daniel Tiger's "We're Having Brother Time"
• Daniel Meets His New Neighbors
• Sesame Street's Elmo's The Kindest Superhero Song
• Sesame Street's Mark Ruffalo: Empathy
• Sesame Street's Anyone Can Be A Friend
• Sesame Street's Tori Kelly: Try A Little Kindness
• Sesame Street's Heidi Klum And Elmo: Compliment
• Sesame Street's Cobie Smulders And Grover: Courteous
• My Wallaby Won't Use His Words
• My Badger Is A Bully!
• My Monkey Won't Tell The Truth!
• Use Polite Words
• "Everybody Is Different"

**Tweens/Teens:**

**Activism:**
• [TED Talk: McKenna Pope - Want To Be An Activist? Start With Your Toys](#)
• [TED Talk: Alison Quirk - Making A Difference In The World](#)
• [TED Talk: Natalie Warne - Being Young And Making An Impact](#)

**Autism:**
• [TED Talk: Rosie King - How Autism Freed Me To Be Myself](#)

**Confidence & Self-Esteem:**
• [TED Talk: Amy Adkins - 3 Tips To Boost Your Confidence](#)
• [The School Of Life: Self-Compassion](#)
• [The School Of Life: How To Be A Friend To Yourself](#)
• [The School Of Life: Confidence](#)
• [The School Of Life: Not Liking One's Looks](#)
• [The School Of Life: On Feeling Ugly](#)
• [Brené Brown On Worthiness](#)
**Emotions:**
- TED Talk: Elizabeth Gilbert - It's Okay To Feel Overwhelmed: Here's What To Do Next
- TED Talk: Susan David - How To Be Your Best Self In Times Of Crisis
- TED Talk: Liz Fosslien - How To Embrace Emotions At Work
- TED Talk: Lucy Hone - The Three Secrets Of Resilient People
- TED Talk: Ryan Martin - Why We Get Mad And Why It's Healthy
- TED Talk: Olivia Remes - How To Cope With Anxiety
- TED Talk: Ryan Martin - Why Some Anger Can Be Good For You
- TED Talk: Tiffany Watt Smith - The History Of Human Emotions
- TED Talk: Lisa Feldman Barrett - You Aren't At The Mercy Of Your Emotions: Your Brain Creates Them
- TED Talk: John Koenig - Beautiful New Words To Describe Obscure Emotions
- TED Talk: Ron Gutman - The Hidden Power Of Smiling
- Happify: How To Calm Your Worries And Sleep Better
- Brené Brown On Attending To Fears And Feelings
- Stress Management Educational Video

**Empowerment:**
- TED Talk: Tavi Gevinson - A Teen Just Trying To Figure It Out
- TED Talk: Kakenya Ntaiya - Empower A Girl, Transform A Community
- TED Talk: Kid President - I Think We All Need A Pep Talk
- TED Talk: Kiran Seth - Kids Take Charge
- TED Talk: Jon Bowers - We Should Aim For Perfection And Stop Feeling Failure
- TED Talk: Reshma Saujani - Teach Girls Bravery, Not Perfection
- TED Talk: Jia Jiang - What I Learned From 100 Days Of Rejection

**Friendships/Social Skills:**
- The School Of Life: Friendship & Vulnerability
- The School Of Life: The Purpose Of Friendship
- Brené Brown On Empathy

**Incarceration:**
- TED Talk: Ismael Nazario - What I Learned As A Kid In Jail

**LGBT:**
- TED Talk: Joel Burns - A Message To Gay Teens: It Gets Better
- TED Talk: Norman Spack - How I Help Transgender Teens Become Who They Want To Be
• **TED Talk: Jackson Bird - How To Talk And Listen To Transgender People**

**Motivation:**
• [Make Your Bed - William McRaven](#)
• [The Wisdom Of A Third Grade Dropout Will Change Your Life - Rick Rigsby](#)
• [TED Talk: Leticia Gasca - Don't Gail Fast, Fail Mindfully](#)
• [The School Of Life: Procrastination](#)

**Positive & Negative Thinking:**
• [TED Talk: Alison Legerwood - A Simple Trick To Improve Positive Thinking](#)
• [Happify: How To Defeat Negative Thinking](#)
• [The School Of Life: Overcoming Bad Inner Voices](#)

**Risk-Taking:**
• [TED Talk: Kashfia Rahman - How Risk Taking Changes A Teenager's Brain](#)

**Success and Failure:**
• [TED Talk: Valorie Kondos Field - Why Winning Doesn't Always Equal Success](#)
• [TED Talk: Kathryn Sculz - On Being Wrong](#)
• [TED Talk: Jon Bowers - We Should Aim For Perfection And Stop Fearing Failure](#)
• [TED Talk: Jia Jiang - What I Learned From 100 Days Of Rejection](#)
• [TED Talk: Elizabeth Gilbert - Success, Failure, And The Drive To Keep Creating](#)
• [TED Talk: Kathryn Schulz - Don't Regret Regret](#)
• [TED Talk: Larry Smith - Why You Will Fail To Have A Great Career](#)
• [TED Talk: Sarah Lewis - Embrace The Near Win](#)
• [TED Talk: Raphael Rose - How Failure Cultivates Resilience](#)
• [The School Of Life: Success At School vs. Success In Life](#)
• [The School Of Life: What Is 'Success'?](#)
• [The School Of Life: The Problem With Perfectionism](#)
• [The School Of Life: The Perfectionist Trap](#)

**Trust:**
• [TED Talk: Frances Frei - How To Build And Rebuild Trust](#)
• [TED Talk: Onora O'Neill - What We Don't Understand About Trust](#)
• [The School Of Life: How To Forgive](#)

**Vulnerability & Shame:**
• [TED Talk: Brené Brown - The Power Of Vulnerability](#)
• [Brené Brown On Vulnerability](#)
• Brené Brown On Embracing Vulnerability
• Brené Brown On The Biggest Myth About Vulnerability
• TED Talk: Brené Brown - Listening To Shame
• Brené Brown On Blame

Adults:

Autism:
• TED Talk: Ethan Lisi - What It Is Really Like To Have Autism
• TED Talk: Rosie King - How Autism Freed Me To Be Myself
• TED Talk: Stuart Duncan - How I Use Minecraft To Help Kids With Autism
• TED Talk: Carina Morillo - To Understand Autism, Don't Look Away
• TED Talk: Wendy Chung - Autism: What We Know And What We Don't Know
• TED Talk: Alix Generous - How I Learned To Communicate My Inner Life With Asperger's

Confidence:
• TED Talk: Amy Adkins - 3 Tips To Boost Your Confidence

COVID-19 Specific:
• Sesame Street's Parent PSA: A Moment To Yourself

Education:
• TED Talk: Shameem Akhtar - To Learn Is To Be Free
• TED Talk: Olympia Della Flora - Creative Ways To Get Kids To Thrive In School

Empowerment:
• TED Talk: Tavi Gevinson - A Teen Just Trying To Figure It Out
• TED Talk: Kakenya Ntaiya - Empower A Girl, Transform A Community
• TED Talk: Kid President - I Think We All Need A Pep Talk
• TED Talk: Jon Bowers - We Should Aim For Perfection And Stop Feeling Failure
• TED Talk: Christopher Bell - Bring On The Female Superheroes
• TED Talk: Reshma Saujani - Teach Girls Bravery, Not Perfection

Friendships:
• TED Talk: Sophie Andrews - The Best Way To Help Is Often Just To Listen
• TED Talk: Bill Bernat - How To Connect With Depressed Friends
Happiness:
- TED Talk: Elizabeth Dunn - Helping Others Makes Us Happier, But It Matters How We Do It
- TED Talk: Mike Robbins - The Power Of Appreciation
- TED Talk: AJ Jacobs - My Journey To Thank All The People Responsible For My Morning Coffee
- TED Talk: Stephen Trzeciak - Want A Happier Life? Be More Compassionate
- TED Talk: Ingried Fetell Lee - Where Joy Hides And How To Find It
- TED Talk: David Steindl Rast - Want To Be Happy? Be Grateful
- TED Talk: Pico Iyer - Where Is Home
- TED Talk: Stefan Sagmeister - 7 Rules For Making More Happiness
- TED Talk: Neil Pasricha - The 3 A's Of Awesome
- TED Talk: Don Norman - 3 Ways Good Design Makes You Happy
- TED Talk: Matthieu Ricard - The Habits Of Happiness
- TED Talk: Philip Zimbardo - The Psychology Of Time

LGBT:
- TED Talk: Joel Burns - A Message To Gay Teens: It Gets Better
- TED Talk: Norman Spack - How I Help Transgender Teens Become Who They Want To Be
- TED Talk: Jackson Bird - How To Talk And Listen To Transgender People

Mental Health:
- TED Talk: Johann Hari - This Could Be Why You're Depressed Or Anxious
- TED Talk: How I Live With High Functioning Anxiety
- TED Talk: Olivia Remes - How To Cope With Anxiety
- TED Talk: Noa Kageyama And Pen Pen Chen - How To Stay Calm Under Pressure
- TED Talk: Sophie Andrews - The Best Way To Help Is Often Just To Listen
- TED Talk: Helen M. Farrell - What Is Bipolar Disorder?
- TED Talk: Helen M. Farrell - What Is Depression?
- TED Talk: Anees Bahji - What Is Schizophrenia?
- TED Talk: Daniel Levitin - How To Stay Calm When You Know You'll Be Stressed
- TED Talk: Dr. Natascha M. Santos - Debunking The Myth Of OCD
- TED Talk: Guy Winch - Why We All Need To Practice Emotional First Aid
- TED Talk: Jeff Iliff - One More Reason To Get A Good Night's Sleep
- TED Talk: Courtney Stephens - A Brief History Of Melancholy
- TED Talk: Andrew Solomon - Depression: The Secret We Share
- TED Talk: Kevin Brel - Confessions Of A Depressed Comic
- TED Talk: Eleanor Longden - The Voices In My Head
- TED Talk: Thomas Insel - Toward A New Understanding Of Mental Illness
- TED Talk: Ruby Wax - What's So Funny About Mental Illness
• TED Talk: Vikram Patel - Mental Health For All By Involving All

**Mindfulness:**
• TED Talk: Andy Puddicombe - All It Takes Is 10 Mindful Minutes
• TED Talk: Pico Iyer - The Art Of Stillness
• TED Talk: Matt Killingsworth - Want To Stay Happier? Stay In The Moment

**Motivation:**
• Make Your Bed - William McRaven
• The Wisdom Of A Third Grade Dropout Will Change Your Life - Rick Rigsby
• TED Talk: Leticia Gasca - Don't Gail Fast, Fail Mindfully
• TED Talk: Laura Fox - Don't Shy Away From Ignorance, Use It To Better Yourself
• TED Talk: David Asch - Why It Is So Hard To Make Healthy Decisions
• TED Talk: Sabine Doebel - How Your Brain's Executive Function Works And How To Improve It

**Parenting:**
• TED Talk: Colin Powell - Kids Need Structure
• TED Talk: Kang Lee - Can You Really Tell If A Kid Is Lying
• TED Talk: Sonia Livingstone - Parenting In The Digital Age
• TED Talk: Lindsay Amer - Why Kids Need To Learn About Gender And Sexuality
• TED Talk: Sara Valencia Botto - When Do Kids Start To Care About Other People's Opinions
• TED Talk: Claudia Miner - A New Way To Get Every Child Ready For Kindergarten
• TED Talk: Yuko Munakata - Why Most Parenting Advice Is Wrong
• TED Talk: Olympia Della Flora - Creative Ways To Get Kids To Thrive In School
• TED Talk: Caroline Paul - To Raise Brave Girls, Encourage Adventure
• TED Talk: Rita Pierson - Every Kid Needs A Champion

**Psychology:**
• TED Talk: Ben Ambridge - 9 Myths About Psychology Debunked

**Stress:**
• TED Talk: Kelly Mcgonigal - How To Make Stress Your Friend

**Success and Failure:**
• TED Talk: Valorie Kondos Field - Why Winning Doesn't Always Equal Success
• TED Talk: Kathryn Sculz - On Being Wrong
• TED Talk: Jon Bowers - We Should Aim For Perfection And Stop Fearing Failure
- TED Talk: Jia Jiang - What I Learned From 100 Days Of Rejection
- TED Talk: Elizabeth Gilbert - Success, Failure, And The Drive To Keep Creating
- TED Talk: Kathryn Schulz - Don't Regret Regret
- TED Talk: Larry Smith - Why You Will Fail To Have A Great Career
- TED Talk: Sarah Lewis - Embrace The Near Win
- TED Talk: Raphael Rose - How Failure Cultivates Resilience
- TED Talk: John Doerr - Why The Secret To Success Is Setting The Right Goals
- TED Talk: Mel Robbins - How To Stop Screwing Yourself Over
- TED Talk: Luvvie Ajayi - Get Comfortable With Being Uncomfortable

**Trust:**
- TED Talk: Frances Frei - How To Build And Rebuild Trust
- TED Talk: Onora O'Neill - What We Don't Understand About Trust